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EVER-ELUSIVE MOTIVATION
GETTING FROM COUCH TO GYM {page 21}

PRIMAL
JOHNNY AND THE BOYS BRING IT YET AGAIN {page 16}

CALGARY metro®
Tuesday, October 12, 2010
www.metronews.ca

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Stampeders. Drubbing

▶ Calgary Stampeders' Dwight Anderson, left, reaches to tackle Montreal Alouettes' Avon Cobourne, who returns the favour with a stiff arm. The Als were likely giving thanks for the Stamps' poor effort in yesterday's game in Montreal, as the home side cruised to a 46-19 victory. Story, page 28.

GRAHAM HUGHES/THE CANADIAN PRESS

Stamps get stuffed on turkey day

Oprah school don acquitted
Winfrey says she's 'profoundly disappointed' by verdict {page 9}

U.A.E. tells plane to go away
Officials barred from landing following base's closure {page 12}

Higgins leaps into lead: Poll

▶ 10,000 random Calgary numbers dialled ▶ 932 gave responses ▶ 88.9 per cent of respondents said they'd be very likely or somewhat likely to cast a vote Oct. 18

DARREN KRAUSE
@METRONEWS.CA

With less than one week remaining until election day, a new exclusive poll commissioned by Metro Calgary shows former CTV anchor Barb Higgins with a slight advantage over former alderman Ric McIver.

The random, automated telephone poll, conducted Saturday, Oct. 9, by Calgary-based IVRnet, asked respondents whether they planned on voting in next Monday's civic election, and then asked which candidate would receive a vote for mayor.

Of the 829 responses indicating they would be very likely or somewhat likely to vote, 33.8 per cent said they would cast a vote for Higgins. McIver was next at 24.1 per cent, and Naheed Nenshi third at 17.3 per cent.

The timing of recent high-profile commercials during 6 p.m. news broadcasts last week and the delivery of a more detailed platform could be what catapulted Higgins ahead of McIver, according to a city political blogger.

"Now that she's released more information, more people may have decided to get behind her," said Shane Byciuk of calgary-politics.com and calgaryrants.com.

Byciuk also said it's possible voters may have gravitated to Higgins believing she's the middle ground between McIver and Nenshi.

"Some of the voters who were supporting Nenshi or others might have moved to Barb Higgins," said Byciuk.

More from the poll
- There was a steep drop-off from the three leaders, with Wayne Stewart garnering 2.8 per cent, Craig Burrows 2.5 per cent, Bob Hawkesworth 1.9 per cent.
- "Other" received 2.4 per cent.
- Undecided voters rang in at 15.2 per cent.
- The margin of error, calculated by a third party (Raosoft), is approximately 3.4 per cent, 95 per cent of the time.

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AMVIC LICENSED

Researchers keeping eye on coyotes

With October being the peak season for coyote sightings in the city, researchers at the University of Calgary have created a tool to help Calgarians.

In order to reduce the chance of interactions between people and coyotes, and coyotes and pets, the U of C is launching an online tracking tool today.

Calgarians will be able to track neighbourhoods and parks where coyotes have recently been sighted. They can also contribute to monitoring coyote behaviour. According to the university, October is when young coyotes leave the family den.

METRO CALGARY

12,630

The number of ballots cast in the 2010 advanced vote for the Calgary municipal election. On Sunday, the advanced vote turnout was 1,529, compared with 896 in 2007.

Candidate's car struck by vandals, reports say

Aldermanic candidate for Ward 11 James Maxim had his car vandalized with racist messages.

According to media reports, Maxim discovered last week that his vehicle had been marked with a swastika. The election decals on his car were also vandalized.

Maxim's neighbour's vehicle was also defaced and police are investigating both incidents.

METRO CALGARY

KRISTA SYLVESTER/METRO CALGARY

▶ Rachel Latouche and Chelsea Anderson spent the Thanksgiving holiday shopping while their parents worked.

Giving thanks stores are open?

Mustard Seed served hundreds of homeless Calgarians dinner last night ◐ Most city malls and stores remained open for the holiday

KRISTA SYLVESTER
@METRONEWS.CA

Thanksgiving isn't quite what it used to be.

At least that's the consensus among members of the older generation, who remember when most things were closed Thanksgiving Monday.

Lately, they say, it seems the day has become more commercial.

"When we were kids I don't think we even left the house," observed Jillian McCord, 43.

"We spent time at home with family and cooking and eating. But now it seems like everything is open."

Teens Rachel Latouche and Chelsea Anderson spent the day shopping at Southcentre and said their families were either "working or shopping somewhere else."

"We already did the dinner thing Sunday and we will have leftovers later but we all wanted to come out and enjoy the day," Anderson said.

"I didn't think it would be as busy as it is."

While 17th Avenue wasn't as busy as the malls, many stores remained open Thanksgiving, including jeans store Unlimited Blue.

"It's been okay, not as busy as other holiday Mondays," said owner Richard Pearlman.

"But I wanted to be open for the people who do want to go out shopping on Thanksgiving."

He added the rush would slow down by dinnertime.

Open and closed

- Malls remained open
- City facilities were closed
- Fort Calgary, Zoo and Heritage Park stayed open

1 news

News on the move

1. Download the free ScanLife application with your smartphone at 2dscan.com
2. Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
3. The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Easy tips for avoiding dreaded 'Delhi belly' when eating in India. Video at metronews.ca/world

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SECOND CUP

Ward 11, meet your candidates

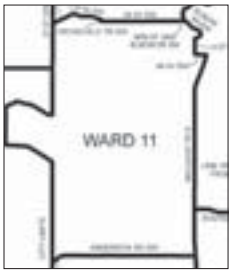
Metro spoke to the candidates running in Ward 11 to find out who they are, what they do, where they stand and why they feel they deserve your vote.

Brian Pincott

Incumbent
Age: 49
No. 1 issue: "Transportation ... With the interchange at 37th and Glenmore open and functional, it is necessary to move forward aggressively to lighten traffic on the major roadways and to create non-stop routes for commercial and residential traffic, all the while protecting residents' homes and quality of life."
Why run? "The decisions we make in the next few years will shape the city we pass on to our children and grandchildren. I want to make sure regular citizens have a say."

Ernest McCutcheon

Sales/business owner
Age: 34



No. 1 issue: Accountability
Why run? "I believe we have an opportunity to see positive change."

Olga Knight

Teaches at Mount Royal University
Age: 56
No. 1 issue: "Bringing decision-making back to the community."
Why run? "The community of Ward 11, not just one community, but every single one of the communities of Ward 11, needed someone who was very interested in what was going on and could bring that communication back."

James Maxim

Businessman, energy sector, and assistant to MLA Darshan Kang
Age: 60
No. 1 issue: "The most important issue by far that this city faces are the financial challenges we are being forced to deal with ... My objective is a balanced budget for each of the next three years."
Why run? "I sincerely have a passion to serve the public good. This stems from a promise that I made to my grandmother in 1968 ... I verbally promised that I would give back and to serve my country. Running for elected office is my way of fulfilling that promise."

Wayne Frisch

Business owner for 23 years, software company and furniture manufacturing
Age: 43
No. 1 issue: "Financial competency. It is concerning that the city is in billions in debt ... We need competent business minds sitting in council chambers and not 'professional politicians' representing industry or special interest groups."
Why run? "We need a council that can make logical, fiscally responsible, unbiased choices around roads, bridges and tunnels ... We need to do more than just add bus routes and roads."

METRO CALGARY

EXCERPTS FROM WAYNE STEWART INTERVIEW

"WE HAVEN'T BEEN ABLE TO GET BELOW THE SURFACE"

SHELBY BORYS/FOR METRO CALGARY

▶ Wayne Stewart

Mike McCourt: Are you disillusioned then by the number of forums or the electoral process itself? Is it in need of reform?
Wayne Stewart: I do. I don't know why we've had so many forums this year. The fact is the forums are distracting us. We haven't been able to get below the surface.

MM: OK, let's see if we can change that here. You have a track record in business and community service and in volunteerism. You've gotten some very significant endorsements but you haven't gotten much rubber on the road. Why is that?
WS: Well, that's the question that we keep asking ourselves. The interesting thing is that when I connect with people on the road I'm getting universal support, but I am not able to connect ...

MM: But you know as well as I do, Mr. Stewart, that people go, "Oh yeah, I like you, I'm going to vote for you" when they don't in fact mean it.
WS: I understand that. You can easily get deluded. But your question was what happened to our campaign? I'm very well-known in a narrow portion in our community but not well-known beyond, and for some reason we haven't been able to get the traction.

MM: You have, as of yesterday, fired a warning shot across the bow of civic managers and employees and said if a review reveals that they haven't been doing their jobs, you are going to fire them out the door.
WS: I'm going to replace them, that's right. And I think it's time someone starts to talk about the role of city hall in the financial mess we've got.

BT CALGARY

WATCH TODAY AT 7 A.M. FOR BOB HAWKESWORTH AND TOMORROW MORNING FOR JOE CONNELLY.

BT BREAKFAST TELEVISION

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Man in car crash hits, robs helper: Police

Alcohol believed to be a factor Numerous charges are pending against suspect in custody

Stopping to help a man involved in an accident proved costly for a Good Samaritan early yesterday morning.

Police say a woman who tried to help the victim of an accident at the intersection of Sarcee Trail and Crowchild Dr. NW just before 3 a.m. was assaulted when the man punched her in the face and then stole her car.

"It's very concerning for us. This is a woman who stopped to help someone and then she gets assaulted and her car stolen. It's a very violent and concerning act," Insp. Keith Cain said of the incident.

Description

Police have said the following about the suspect:

- **Age** Police say the suspect is 21 years old
- **Found** The suspect fled on foot but was apprehended
- **Camry** The suspect was driving a Toyota Camry when he allegedly struck the taxi.

The man had just T-boned a taxi when the woman stopped to help, police said.

"This is a violent string of events. We appreciate the woman trying to be a good citizen and we're sure the rest of Calgary thanks her too. It's concerning she was assaulted for doing so."

Police were called to another collision in Silver Springs where it's believed the same man struck a light pole.

A 21-year-old suspect remains in custody pending an appearance in court.

The taxi driver was taken to hospital in stable condition but has since been released. The woman was treated on scene and released. METRO CALGARY

On the campaign trail

Naheed Nenshi

The Nenshi team took it easy yesterday, but still launched a new volunteer-produced DVD with four hours of forums, open houses and candidate speeches. "Team Nenshi has worked tirelessly to engage Calgarians in unique ways for this election," said Chima Nkemdirim, Team Nenshi campaign director. The special DVD will be delivered this week during door knocking.

Barb Higgins

A transparent city hall was the focus of a Higgins campaign release yesterday, as the former CTV anchor's team pledged to "open up city hall to Calgarians." The four-point plan focuses on visible decision making, benefit tracking declaration of interests and independent review. "There should be nothing hidden and nothing to hide," said Higgins.

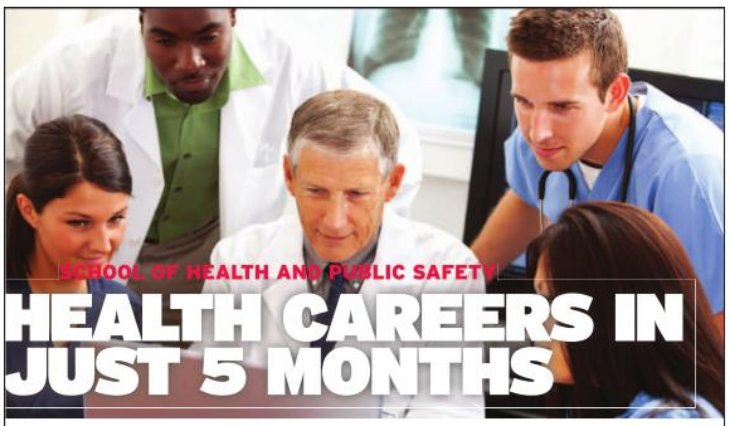
Joe Connelly

The truth behind The Calatrava Bridge, the Airport Tunnel, the West Village development, transportation and parking and Connelly's plan to crowdsource will be on the menu as he holds a free luncheon today at the Westin Hotel. A release from Connelly's team states the event is about "What you have been told and what you really should know."

Watch BT Calgary 6 to 9 a.m. weekday mornings to enjoy breakfast with Calgary mayoral candidates.

BT BREAKFAST TELEVISION metro

Got a question for the candidates?
Send a tweet to @metrocalgary on Twitter or e-mail calgaryletters@metronews.ca



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News in brief

BAS LAMMERS/WIKIPEDIA CREATIVE COMMONS

Cougar sightings

BLACK DIAMOND. Residents in Black Diamond reported seeing a cougar at least twice Friday, leaving RCMP on the lookout. The cougar sightings were reported in residential areas and because the area is close to wilderness, RCMP said the cougar was likely searching for food. RCMP are reminding residents to take preventative measures when in cougar country and limit reaction with cougars.

METRO CALGARY

Accident investigated

STRATHMORE. An investigation into a single vehicle rollover that occurred Sunday revealed alcohol and speed might have been a factor, according to Strathmore RCMP. The rollover happened around 6:30 p.m. on Glenmore Trail between Calgary and Langdon after the driver of a pickup truck attempted to pass traffic.

The driver was not wearing his seatbelt, was ejected and suffered serious but non-life-threatening injuries.

METRO CALGARY

School vandalized

CONRICH. Strathmore police are looking for one or more people responsible for vandalizing a school in the hamlet of Conrich.

Sometime over the weekend, the suspect(s) threw a ladder through the front window of the school and threw garbage around the parking lot.

Those with information are asked to call 403-934-3968.

METRO CALGARY

One shot only: It's that time of year

Alberta Health Services is only administering one flu shot per person this year ◆ Shots are now available across the province

Influenza vaccination clinics open across the province today, and only one shot is needed this year, according to an Alberta Health Services spokesperson. While H1N1 is still around, it doesn't pose the same threat as it did last year, said Erin Martinez of AHS.

"The World Health Organization, they recently declared that the H1N1 pandemic is over, however, the H1N1 influenza virus still exists and is expected to continue circulating this season," she said.

This year, there will be only one shot administered for the various strains of influenza as opposed to receiving a separate shot for H1N1. "Last year, people needed to get the two separate shots — one to protect against H1N1, the other to protect against the three other prevalent strains of regular influenza," said Martinez.

"This year ... there's a single influenza shot that will protect people against H1N1 and two strains of influenza."

Martinez said the shot is free to all Albertans six months of age and older.

AHS recommends those at a higher risk, including young children and seniors, get the vaccination early on in the flu season.

KATIE TURNER

TORSTAR NEWS SERVICE FILE

▶ The flu shot is free to all Albertans six months and older.

Six clinics

- Calgary has six immunization clinics across the city.
- Those locations include Avenida Village, Brentwood Village Mall, EMS Whitehorn at the north side entrance, Richmond Road Diagnostic Treatment Centre, South Calgary and Stampede Park.
- Calgarians are asked to wear a short-sleeved shirt and bring their Alberta Health Care card with them.
- A full schedule of Calgary's clinics can be found at albertahealthservice.ca.

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Oprah upset over acquittal of school matron

Judge throws out allegations of kissing and fondling of school girls in Johannesburg No appeal planned

JEROME DELAY/ASSOCIATED PRESS

▶ Acquitted: Makopo.

A woman accused of abusing teenagers at Oprah Winfrey's school for girls in South Africa was acquitted of the charges yesterday, and Winfrey said she was "profoundly disappointed" by the trial's outcome.

Prosecutors had accused former school matron Tiny Virginia Makopo of trying to kiss and fondle girls at the school soon after it opened in 2007 outside Johannesburg.

Makopo also had been accused of assaulting one of the teens as well as a fellow supervisor.

"The matron who was working at the Oprah Winfrey school was found not guilty on all the sexual assault charges," Mthunzi Mhaga, a spokesperson for South Africa's National Prosecuting Authority, said yesterday. "The magistrate was of the view that the state had failed to prove beyond reasonable doubt that she was guilty. We won't be appealing the judgment."

Winfrey had called the allegations crushing given her own stated history of childhood sexual abuse and promised an overhaul of the school. "I will forever be proud of the nine girls who testified," she said.

THE ASSOCIATED PRESS

Chile. Miners

▶ Relatives of a trapped miner wait for word on engineering efforts outside the mine.

NATACHA PISARENKO/THE ASSOCIATED PRESS

Rescue nears for 33 trapped men

If all goes well, everything will be in place late today to begin pulling out the 33 Chilean miners who have braved two months underground, officials said. They are expected to come up one by one in green overalls bearing their names on their chests — first the fittest, then the weakest — in a rescue steel cage. Officials have drawn up a secret list of which miners should come out first.

Stranded family led to shore

A seven-year-old girl and her parents are recovering from a boating incident after rescuers heard their screams. The family's 12-foot inflatable lost power near Vancouver Island's southern tip.

THE CANADIAN PRESS

FASD kids linked to court issue

Too many people who were brain damaged in the womb when their mothers drank alcohol are ending up in the justice system, and lawyers and judges say their disability requires a change in the system.

THE CANADIAN PRESS

Magna-led effort helps N'awlins

Canadaville, the 280-person village in Louisiana that Frank Stronach created for hurricane Katrina survivors, will wind down by the end of December after five years as a humanitarian effort.

METRO NEWS SERVICE

OPENS SATURDAY OCTOBER 16TH

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Laughter therapy may be just the right medicine, as hospitals warm up to idea Businesses catch on

GRAHAM HUGHES/THE CANADIAN PRESS

A Montreal Laughter Club participant gets wacky.

What if you could laugh your problems away?

It's no joke: Proponents of laughter therapy believe a daily dose of hearty giggles and belly laughs can help one relax, feel better and reduce stress levels.

Although the idea has been around since the 1970s, laughter therapy has gained more steam in recent years.

Now, seminars are increasingly common in hospital and workplace settings and, in a sign of its mainstream appeal, laughter therapy has been featured on The Oprah Winfrey Show.

In Canada, the business of laughter is booming. Every province has certified laughter leaders.

Laughter has been shown to increase endorphins, improve relaxation through the lowering of blood pressure, reduce stress and increase muscle function.

"It's ours and it's with us every second of every day," said Cheryl Oberg, a Calgary-based laughter specialist. "We can share it with others, we can use it in relationship building, it's the No. 1 universal language around the world — everyone speaks the language of laughter."

THE CANADIAN PRESS

Contest. Metro

Hazel Coonagh shot this abandoned lot on her Photo Challenge winner's prize trip.

HAZEL COONAGH

Enter worldwide photo contest

Hazel Coonagh, an Irish reader and one of the Metro Photo Challenge winners from last year, chose to go to New York for her prize and raves that it was "just amazing." The Metro Photo Challenge contest "has definitely helped my career. It was a huge honour and surprise and helped get my name out there," Coonagh said.

WIN!

Have you got what it takes?

The Metro Photo Challenge is open to both amateur and professional photographers.

- The competition originated in Sweden six years ago.
- Winning photos are published in all of Metro's papers.
- The winners of the worldwide contest will be awarded a trip for two (valued at up to $2,800) to any of the 100 cities in the world where Metro publishes.
- **For tips or to register, visit metrophotochallenge.ca**

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▶ Darryl Hincock, from South Brooke, N.L., inspects his haul vehicle before starting his shift as a driver at the Shell Albian Sands oilsands mine near Fort McMurray, in this file photo. The trucks can haul 400 tonnes of oilsands which will produce 200 barrels of oil.

Oilsands city wants workers to live there

Social impacts large, and 'Fort Mac' becomes legendary for fast bucks and fast times

Four years ago, Fort McMurray was a byword for boomtown.

Many saw it as a "lawless frontier town overrun by transient workers with too much money and too few community linkages," Mayor Melissa Blake said recently.

Now, facing what it sees as a second — and perhaps even larger — wave of oilsands investment, the northern Alberta oilsands city wants it to be different. Blake told just-completed hearings into a proposed new oilsands mine the city wants to be a place people live in, not just cash in.

"Oilsands companies have been good corporate citizens and their employees are our friends and neighbours, and we want them here," she said at the hearings into Total E&P Canada's $9-billion Joslyn plan.

"Unfortunately, that holistic vision of a thriving, family-friendly community seems not to be shared by all the companies that come to Wood Buffalo to develop oilsands resources."

In 2006, Fort McMurray had pretty much burst at the seams. Years of double-digit growth had doubled its population.

THE CANADIAN PRESS

1.5M

The oilsands currently produce about 1.5 million barrels of oil a day. That's slated to double or even triple over the coming years, which means more mines, more construction, more workers, more boom.

OILSANDS

Model temporary, says town

The Regional Municipality of Wood Buffalo, which includes Fort McMurray, says the model for development is still fly-in, fly-out camps that discourage workers from putting down roots in the city, while pay arrangements between companies and workers inflate the value of homes past the ability of local people to buy them.

"The (municipality) has significant concerns about the long-term impact of fly-in/fly-out operations," the municipality told the Joslyn review panel. "While camp-based operation may alleviate some pressures in the short-term, they also have negative impacts on the local community in the longer term." Camps near construction sites temporarily house hundreds of workers and give them a guaranteed place to live.

THE CANADIAN PRESS

Town looks to new housing

The municipality of Wood Buffalo has signed an agreement with Total in which the company agrees to help develop an affordable housing strategy.

Wood Buffalo wants that agreement to be part of any approval for the project, and hopes it will become standard for future applications — for the Joslyn application is unlikely to be the last.

THE CANADIAN PRESS

Plane barred from U.A.E. airspace

Aircraft carrying Canadian delegation forced to detour U.A.E. ambassador had warned failure of air-travel deal would affect relations

Canada's top soldier and two cabinet ministers were up in the air yesterday, their flight plans disrupted after the United Arab Emirates denied them landing in retaliation for a failed business deal.

Defence Minister Peter MacKay, Veterans Affairs Minister Jean-Pierre Blackburn and Chief of the Defence Staff Gen. Walt Natynczyk were flying home from a three-day visit in Afghanistan when the wealthy Gulf nation closed its airspace to their plane, a military source in Ottawa confirmed to The Canadian Press.

Just hours earlier in Kandahar, MacKay indicated that Canada was being forced to vacate a military base in the U.A.E. following the failure of negotiations to expand aviation links between the two countries.

"At this point, we will abide by the wishes of the Emirates, and ... we will be leaving the base." MacKay said a short time before he boarded the plane.

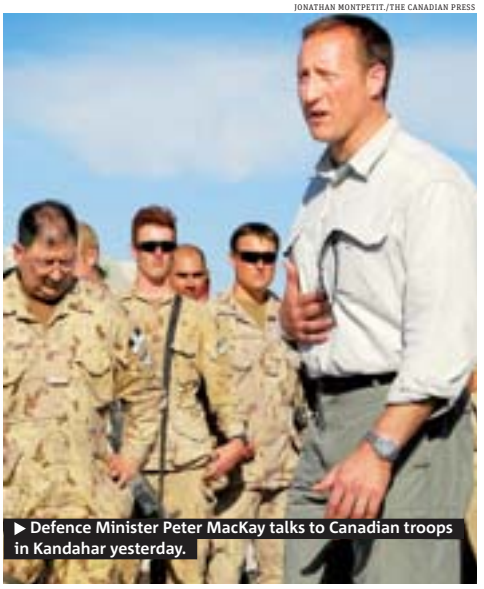
THE CANADIAN PRESS

Wartime hub

By forcing Canada to vacate its base in Dubai, the U.A.E. will disrupt the Canadian military's supply line to Afghanistan.

Camp Mirage is Canada's only logistical hub in the Middle East.

JONATHAN MONTPETIT/THE CANADIAN PRESS



▶ Defence Minister Peter MacKay talks to Canadian troops in Kandahar yesterday.

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Microsoft steps it up in the smartphone game

Company's new handsets to go up against the popular Apple iPhone

After years of declining sales of phones based on Microsoft's Windows Mobile software, the company is starting with a fresh slate — a completely new operating system for phones.

The new handsets will go up against Apple Inc.'s highly popular iPhone and the expanding number of phones running on Google Inc.'s Android operating system.

The first phone with Windows Phone 7 Series will be the Samsung Focus, which hits AT&T Inc. stores Nov. 8 for $200 US with a two-year contract requirement, Microsoft said yesterday. It will be closely followed by two more phones for AT&T, made by LG Electronics Inc. and HTC Corp., and one for T-Mobile USA, also made by HTC.

RICHARD DREW/THE ASSOCIATED PRESS

▶ The Samsung Focus is first the phone with Windows Phone 7 Series

In the most recent quarter, Microsoft's older system, Windows Mobile, accounted for just five per cent of the worldwide smartphone market.

In May, Microsoft launched another new phone software package, Kin, only to yank it about two months later in the face of dismal sales.

Windows Phone 7 Series is a different beast, and Microsoft is putting its full weight behind it.

A spokesperson for Microsoft Canada has said a number of Windows Phone 7 devices will be available through Canada's big three wireless carriers on Nov. 8.

THE ASSOCIATED PRESS

Trade. Russia

▶ California Gov. Arnold Schwarzenegger spoke at a meeting with businessmen in Moscow yesterday.

MIKHAIL METZEL/THE ASSOCIATED PRESS

Arnold's eyes on Russia

Arnold Schwarzenegger praised Russia yesterday as a "gold mine" for foreign investors during a trade mission. He is leading a delegation of Silicon Valley business leaders and venture capitalists on a trip meant to help connect them with Russian counterparts.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contracts
12,535.59 (Friday)	$98.88 US (Friday)	– 45¢ US ($82.21 US)	$3.612 (– 3.9¢)	$1,353.30 (+ $9.10)

Rio readers now get a taste of Metro

Metro has expanded its global presence again. Metro Rio de Janeiro launched Sept. 30.

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DECIPHERING THE FIFTH DATE VANISHING ACT

She says ...

JESSICA NAPIER

Have you ever gone out with a guy on a few great dates and then — POOF — all of a sudden he's gone without so much as an "I'm really busy right now" voice mail?

Of course you have (OK maybe you haven't) because it seems as though these disappearing daters are becoming a problem so rampant they might as well be bedbugs.

In the past few months I've watched a number of my single girlfriends repeat the same disastrous dating pattern. They meet a guy, date him for a month and then never hear from him again. What the hell fellas? Are men just cowards when it comes to confrontation or are you getting lost in some sort of fifth date vortex that I'm unaware of?

In a recent conversation with a womanizing friend of mine, we'll call him Richard (10 points if you can guess the subtext of his alias), I posed the question, why do guys vanish?

He offered a number of reasons why someone who seems interested might suddenly drop off the face of the Earth. Maybe he's a commitment phobe or there was an ex-girlfriend who wasn't really that "ex" after all. Or perhaps, as Richard so delicately put it, something better (i.e., someone hotter) came along.

Charming.

"He admits the theory is flawed; basically, men just don't want to see women cry."

But the question isn't why your guy lost interest, but why he wouldn't bother to tell you. Richard rationalizes, and I'm being generous with the word "rational" here, that ignoring you is actually the more compassionate approach. "If there's no confrontation, how can she get hurt?"

He admits the theory is flawed; basically, men just don't want to see women cry.

Newsflash gentleman, we're not as fragile as you might think. We'll get over you (you were probably a jerk anyway). If it's not meant to be we understand, but at least have the decency to fill us in.

And while he's reassessing his single status we're left dreaming up elaborate excuses to explain where Mister MIA might be. "I'm sure he hasn't called because he's really busy at work/lost his phone/got hit by a bus" etc. Soon enough it becomes heartbreakingly obvious that he's decided to dump you without getting his hands dirty.

Let's face it, ultimately we'll never really understand where these hunky Houdinis go and why on Earth there isn't any cellphone reception there. It's best to just forget about him. If you have been a victim of the fifth date vanishing act don't let it discourage you. After all, the show must go on.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Fly me to the moon

Worth mentioning

Virgin Galactic's space tourism rocket SpaceShipTwo achieved its first solo glide flight Sunday, marking another step in the company's eventual plans to fly paying passengers.

SpaceShipTwo was carried aloft by its mothership to an altitude of 45,000 feet and released over the Mojave Desert. After the separation, SpaceShipTwo, manned by two pilots, flew freely for 11 minutes before landing at an airport runway followed by the mothership.

The entire test flight lasted about 25 minutes.

The final frontier

The six-passenger SpaceShipTwo is undergoing rigorous testing before it can carry tourists to space. In the latest test, SpaceShipTwo did not fire its rocket engine to climb to space.

Until now, SpaceShipTwo has flown attached to the wing of its special jet-powered mothership dubbed WhiteKnightTwo.

Sunday was the first time the spaceship flew on its own.

The news was hailed by space tourism advocates.

Tickets to ride aboard SpaceShipTwo cost $200,000. Some 370 customers have plunked down deposits totalling $50 million, according to Virgin Galactic.

THE ASSOCIATED PRESS

What did you want to be when you were a child?

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Metro Minute at Calgary Wordfest

Do you love the written word?

Do you have a spare moment or two today?

Today is the launch of the 2010 Calgary Wordfest, bringing readers and writers together for 15 years. The six-day event features more than 70 writers at more than 60 events across the city.

There will be many chances to meet your favourite authors and talk shop, or simply enjoy the written word during the festival this week.

WordFeast also launches tonight, bringing together literary minds for a night of dinner and drinks — the best thing on the menu is always conversation.

METRO CALGARY

▶ Calgary Wordfest, a six-day event, begins today.

2 scene

HBO

HBO says Al Pacino is set to star as legendary record producer Phil Spector in a TV film to be written and directed by David Mamet.

The film will tell the story of Spector, who long ago recorded such acts as the Beatles, Cher and the Ramones. Now, at age 70, he's serving a prison sentence of 19 years to life for murder. He was convicted for the 2003 shooting death of actress Lana Clarkson.

THE ASSOCIATED PRESS

Jay Leno drops by Sarah Palin's hometown, cuts ribbon to open recruiting office. Scan code for story.

More pain in the funny bone

- Jackass 3-D takes bathroom humour to a whole new level
- Aging stooges have no plans to retire

Jackass director Jeff Tremaine: "By chance we ended up with a really extraordinary group of idiots."

PHIL BROWN
SCENE@METRONEWS.CA

For anyone who enjoys the simple pleasure of watching a grown man get kicked in the groin and covered in fecal matter until he vomits, there is no movie more highly anticipated than Jackass 3-D.

This celebration of stupidity has been a pop culture institution for a decade, spanning a successful TV series and three movies.

"If you had told us 10 years ago we would make a 3-D movie, we'd probably laugh in your face," Jackass creator/director Jeff Tremaine said.

Critics who despise the group's love of bathroom humour and pain may never understand it, but there is an innocent joy to their slapstick antics that isn't far removed from The Three Stooges.

"It's a really primal type of funny," claimed Johnny Knoxville, who has become a star through the series.

"On this movie, I got a concussion, whiplash. stitches, and a dislocated shoulder.

Stunts

Knoxville And Tremaine on turning down Jackass stunts:

- **JK:** "We're all willing to do the stunts. The only time that we won't do a stunt is if the spirit isn't right. Everyone has to feel like, 'Ok, this is going to suck, but we're going to do it.' But if there's a negative vibe going around the set, we'll say 'ok, let's not do that stunt right now.
- **JT:** And that's extremely rare. When we get the guys together, it's usually gold.
- **JK:** "Wrangling the guys is tough. Pontius has his own personal wrangler. ... We were shooting the 3-D test ... and right in the middle of the scene Pontius just walked out. We were like, 'Where are you going?' He just said, 'I'm going to buy some chewing tobacco.' So we have someone with him all the time now."

Classic moments of Jackass

For 10 years no one has mastered comedic masochism quite as well as the lovable morons of Jackass. With the upcoming Jackass 3D promising to send self-inflicted pain and poo jokes into a new dimension, we thought we'd take a look back at some of the best (or worst) moments in the history of the franchise.

The Self-Defense Test
The stunt that started it all. Then freelance writer Johnny Knoxville decided to test mace, a taser, and a stun gun on himself to determine the effectiveness of the self-defense devices. Unsurprisingly the final verdict was that they all work, but the tape was shockingly hilarious, caught Larry Flynt's attention, and spawned a franchise.

The Cup Test
Being John Malkovich director Spike Jonze is an unexpected Jackass collaborator and one of his greatest contributions was the idea for this TV sketch in which Johnny Knoxville donned a sports cup and tested its durability against the likes of paintballs and a sledgehammer. It hurt and we all laughed.

The Fart Mask
What happens when you trap a fart and the charmingly insane Steve-O inside a diver's helmet? Comedy genius. What exactly happens during this minute-long clip defies explanation and needs to be seen to be believed. Simultaneously one of the funniest and most disgusting things you'll ever see. A statement that sums up the appeal of Jackass in a nutshell.

PHIL BROWN

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The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

KEEPING LENNON'S LEGACY ALIVE

If John Lennon were still alive, you can bet there would have been one hell of a party for the former Beatles' 70th birthday last Friday. But instead, we have to read articles about what the peacenik would have been like 30 years after he was shot dead by Mark David Chapman.

Lennon's legacy is a complex one. His wife, Yoko Ono, has made it her mission to keep his music on the radio, in movies and, to some controversy, in commercials. It's to her credit that the legendary rocker is still as omnipresent as he is — in some ways it feels as if he's still making music in New York City.

Luckily, the singer-songwriter's tunes have stood up after all these years, so Ono hasn't had too much trouble convincing people to keep his music playing. What his been more difficult is pushing his message of peace and love.

It's impossible to know what Lennon would have said about the Iraq and Afghanistan wars, or 9/11 or the war on terror, but you can assume he'd be angry about the growing body counts around the world. It would be nice to think that he'd do something as provocative as his 1969 bed-in to protest the Vietnam War — he recorded Give Peace a Chance in Montreal during one of his week-long hotel room stays — but it's just as plausible that he would have been disaffected by the continued disregard for public opinion. (See Iraq War.)

Ono says Lennon would have still been active — she says he'd take to Twitter to voice his displeasure of the Iraq and Afghanistan wars. That doesn't seem like the best way to inspire activism, but at least he'd be doing something, and hopefully he would have followed up with more provocative action.

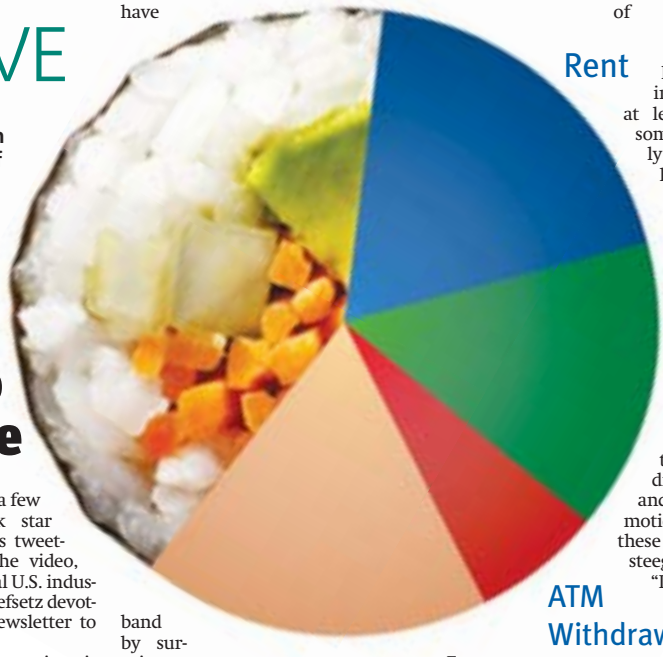
But, we can speculate all we want, the fact is, it's this part of Lennon's legacy that has been lost. These days Give Peace a Chance is more of a campfire tune than a protest song, and while other artists have spoken out, no one's made it a central part of their identity.

Maybe we're all too cynical these days, but his messages of peace feel quaint; they don't carry nearly the same weight as they did 40 years ago.

And that's a shame. If there's anything Ono should have been reminding us about, it's that Lennon's wish to see everyone get a long still matters.

JEFF GOODE/TORSTAR NEWS SERVICES

▶ John Lennon



Hollerado video a hit on YouTube

With a miniscule $4,000 budget and a little help from their friends, Montreal rockers Hollerado have scored a veritable viral sensation.

The group released the ambitious video for their single, Americanarama, on Oct. 3 and almost immediately set social media aflutter.

Within only a few days, 30 Rock star Elizabeth Banks tweeted a link to the video, while influential U.S. industry writer Bob Lefsetz devoted an entire newsletter to the track.

By Monday morning, it had more than 280,000 views on YouTube.

The response took the band by surprise, but also justified the gruelling work that was poured into the video.

FLICKR: BRENDA_H_LEE

▶ Montreal band Hollerado became a hit when their DIY video Americanarama hit YouTube.

"It's been great," singer Menno Versteeg said in a telephone interview from the streets of Montreal. "We can't say anything except for that we're really grateful."

Nicknamed The 8-Bit Human Video, the video for the song features 24 actors stacked in a grid, posing and dancing in time with the herky-jerky rhythm of the power-pop tune.

From there, the actors pivot massive cue cards to spell out messages, form patterns to correspond with the song's buoyant bassline and even impressively mimic a gigantic game of Pong played by two band members.

Really, it has to be seen to be believed.

Perhaps harder to believe — for cynical commentators online, at least — is that the joyous video was shot in one extended take.

"I've read a few things online and people calling us on it and saying, 'No, there's no way they did this in one take,' and 'It's actually stop-motion animation,' and all these different things," Versteeg said.

"I was there. I know for a fact that it was done in one take."

So, how did they pull it off?

Well, the concept began with the four-piece band soliciting video treatments. They wanted something quirky, a "cheap and awesome way to do something that hadn't been done before," Versteeg said.

They worked with director Greg Jardin to select the concept they liked the best. And then the real work started.

Jardin and the band shot the video in June in Los Angeles. With all of the volunteer actors and the band themselves pitching in.

Each of the 24 actors shuffled as many as 30 cue cards — all of which were painted by hand by the band. The video was shot at one-quarter speed, with Jardin shouting out cues through a bullhorn.

In total, there were 424 cues for the actors to memorize. They spent consecutive 12-hour days rehearsing in the 35-degree L.A. heat.

It ultimately took 15 runthroughs to get the perfect take, which was fortuitous because Versteeg said the end of the day was approaching and he knew they couldn't afford to spend another day shooting.

THE CANADIAN PRESS

Check out Hollerado's video for yourself.

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Michael treated well in prison

Singer says inmates and staff were kind and he was given no special treatment Served four weeks for drug possession and driving under the influence

George Michael was released from prison in England after serving four weeks of an eight-week sentence for drug possession and driving under the influence, according to the BBC.

After one week in London's tough Pentonville Prison, the pop star was moved to a less intense jail in Suffolk.

"Believe me when I tell you that in the last three weeks there have been no tears, no anxiety, no bullying, in fact not so much as a sleepless night for me," Michael said in a statement upon his release.

"On the contrary, I have been treated with kindness by fellow inmates and prison staff alike and as far as I can tell, have received no special treatment of any kind whatsoever." METRO

GETTY IMAGES

George Michael spent four weeks in prison.

Dad against Lohan as porn queen

Lindsay Lohan still has one movie lined up after rehab, playing Deep Throat star Linda Lovelace. But her dad doesn't want her to do it.

"Why would a girl of Lindsay's caliber stoop to doing a movie about a stripper who was a porn queen who got raped by seven executives at one time and wound up dying? How dark is that?" Michael Lohan tells the Sunday Times magazine. METRO

Bieber's mom upset

After Justin Bieber was spotted locking lips with a girl last month, his mom has reportedly banned him from dating, according to Hollyscoop.

"Pattie's freaking out that she's losing control of her boy," a source says.

Of course, it doesn't help matters that the girl in question, Jasmine Villegas, was part of Bieber's opening act on his tour. METRO

Twilight stars in LA

In between movie shoots in Louisiana, Kristen Stewart made a quick trip to Los Angeles, where she and Twilight co-star and rumored boyfriend Robert Pattinson were spotted having a cozy night out at the Thompson Hotel in Beverly Hills, according to X17. METRO

GETTY IMAGES

Laura Dern and Ben Harper in happier times.

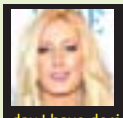
Dern, Harper file for divorce

After five years of marriage, Laura Dern and musician Ben Harper have split up, according to TMZ.

The very private couple filed for divorce late last week, citing irreconcilable differences. They're seeking joint custody of their two children. According to the filing, the couple actually separated back in January but have kept it under wraps since then. METRO

Celebrity tweets

Ashton Kutcher [@aplusk] Sharing Love & Light while in Israel. Asking 4 the energy 2 forge bonds with our similarities & find compromise in our differences.



Heidi Montag [@heidimontag] Today is the first day I have decided I am done forever wearing my nose tape! Its been long enough!

Kanye West [@kanyewest] Flight Wednesday October 13th ... Sydney to Frankfurt 22 hours ...well there's a 1 hour refuel but basically it's 22 hours all 2gther

Kelly Osbourne [@MissKellyO] just went to the gym where i was told i was not allowed in unless i coverd my tattoos with flesh colored tape it was sooooo weird! METRO

KATHERINE HEIGL
JOSH DUHAMEL
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3 life

Flu shots

The National Advisory Committee on Immunization recommends that all Canadians over six months old be immunized against seasonal influenza, but stresses that the following high-risk groups should be vaccinated. Among them are: Adults and children with chronic health conditions, healthy pregnant women, members of a household expecting a newborn during flu season.
THE CANADIAN PRESS

Canadian moms most likely to upload child's prenatal sonogram online: AVG report

▶ Canada's Jamie Adjetey-Nelson celebrates after winning the men's decathlon at the 2010 Commonwealth Games in New Delhi, India.

Running right

How to properly fuel your body and get the most out of your training

CELIA MILNE
LIFE@METRONEWS.CA

What do you eat after a run? Are you kind to your muscles?

For Canada's top athletes at the Commonwealth Games, nutrition is an integral part of training. Food fuels the body, and the right nutrients at the right time boost performance. What about us regular folk?

We asked sports nutrition expert Nanci Guest what healthy, active people can do to improve their everyday nutrition. Guest knows her stuff: she was in charge of menu planning for the 2010 Olympics in Vancouver, and has worked with the Vancouver Canucks hockey team. Her pointers are: eat more protein throughout the day, and be sure you are getting lots of omega 3s and antioxidants. Runners think of fueling their bodies with carbs, and often don't pay enough attention to protein, says Guest. Eat small amounts of protein throughout the day — at all meals and snacks — because your body doesn't store it. Sources of protein include yogurt, milk, cheese, chicken, beans, eggs, tofu, and meat.

"Your body needs to repair muscles 24/7"
PORTS NUTRITION EXPERT NANCI GUEST

Eating more protein will help prevent strains and soreness, and help you recover from your workouts quicker.

"Your body needs to repair muscles 24/7," says Guest.

Soon after a workout the perfect snack is skim milk and an apple or a banana, she says. If you prefer chocolate milk, add a little chocolate yourself, as store-bought chocolate milk is loaded with sugar.

Antioxidants also help with muscle recovery. Look for colourful fruits and vegetables — red, yellow, green, purple and white.

"They each have different nutrients, so eat lots of different colours," says Guest.

Good fats are also vital because they help reduce inflammation. "When we exercise, we automatically get inflammation. It happens at the cellular level. Fish and fortified dairy products are the greatest sources of omega-3s."

Snacks

Hungry and on the run? A snack doesn't have to be a bag of potato chips and a Twinkie.

- **Why we eat it** We revert to those snacks because they're readily available.
- **Plan ahead** A little advance planning can help you avoid cravings for cake, cookies, chips and chocolate bars.
- **What to eat** Vancouver sport dietitian Nanci Guest came up with some healthier snacks you can throw in your work bag: multigrain bagels, low-fat muffins, cereal in a Ziploc bag, fruit leather, energy bars, fig Newton's, yogurt, bananas, apples, oranges, peanut butter and crackers, popcorn, raisins, carrots, unsalted nuts, trail mix, and cheese strings.
- **Why they're good** These foods contain more nutrient-dense calories than the junk.

CELIA MILNE

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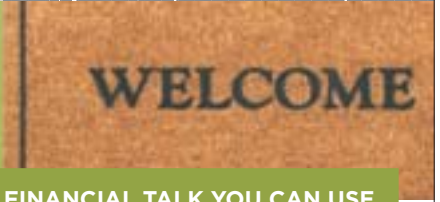

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Fighting the lazy bug

It's so easy being a couch potato... but if you let yourself slip too far, you may get closer to becoming one than you think.

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

We live in a society obsessed with not just looking good but looking great, being not just slim, but sample size skinny, and where Botox injections are becoming as commonplace as moisturising cream.

Even men are regulars in tanning and waxing salons. If this is so, then why are so many people out there still not looking after their health as they should? Is it down to lack of time, stress or are they just downright lazy?

Why are so many people lazy when it comes to diet and exercise?

According to personal trainer Tracy Anderson, who has trained Hollywood's elite including Gwyneth Paltrow and Madonna, most of us are after a quick fix solution when it comes to improving our lifestyle. "People can become lazy after having been sold a false promise," she says. "If you go out and buy an exercise DVD that promises to make you lose 'X' amount in one week, and nothing happens, then you will be reluctant to do it again. The result is that these small failures make them lose faith in their ability to either lose weight or become fitter. People are not always lazy for no reason, they could just be discouraged."

You're so vain ... the triggers

We are all unique, inspired by different things, meaning some people will only commit to exercise if they feel part of something important. "Competition, music, vanity and circumstances like breaking up with your partner or changing jobs are all things that can trigger someone's motivation," explains Anderson, who witnesses this sort of resistance daily.

Get up!

Anderson's killer move to get you started

▶**All 4's knee tuck extend to arabesque:** Kneel on hands and knees, working leg tucks into chest with knee off the floor, then extends to a straight leg behind the body with toe turned toward side and leg it turned out rotated from hip

Dirt on fingernails

Your nails are a barometer of your health. Nutritionist Michele Kingston says to watch out for the following health warnings:

1 Dry and brittle nails: Could be indicative of an essential fatty acid deficiency. Increase your intake by adding a tablespoon of flaxseed oil to your salads every day and eating two to three portions of oily fish such as salmon, sardines or herring each week.

2 Soft and peeling: Peeling nails can be a sign of calcium deficiency — but don't reach for the cheese! The most absorbable form of calcium is from dark green leafy vegetables.

3 Vertical ridge: Indicate general nutrient deficiencies, so cut out alcohol and smoking, which deplete your body of essential vitamins and minerals and eat lots of fruit, vegetables and whole grains.

4 Horizontal ridges: Indicate an under active thyroid so increase selenium, zinc and iodine.

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Is there such a thing as a healthy cheesecake?

Feeling guilty after that expansive meal you indulged in over the Thanksgiving weekend? Here's a healthy choice to get back on track

Cafe Mocha Cheesecake.

A love of cheesecake is easily soured when you look at what goes into it. However, there is such a thing as a healthier cheesecake. Check this out:

Cafe Mocha Cheesecake
Preparation:

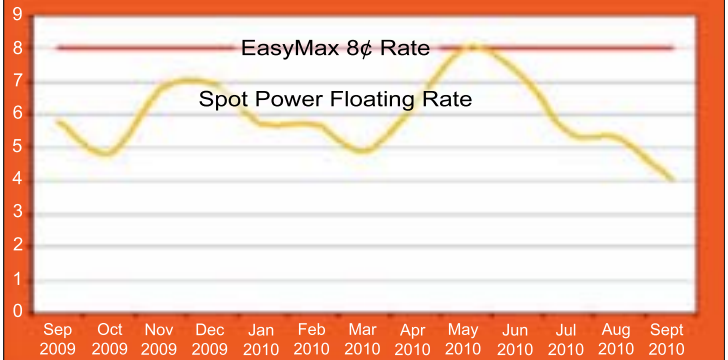
1. Heat oven to 150 C 300 F. Coat a 23-cm (9-inch) springform pan with cooking spray.
2. With a rolling pin or the bottom of a heavy skillet, crush cookies into fine crumbs. In a small bowl, stir together cookie crumbs with 15 ml (1 tbsp) of the sugar. Pour mixture into prepared pan and tilt to coat the bottom and sides.
3. In a small bowl, dissolve espresso powder in liqueur and set aside. Place cottage cheese in a double layer of cheesecloth and gather the corners at the top. Squeeze out as much liquid as possible.
4. Place drained cottage cheese in a food processor and process until smooth, about 2 minutes. Add sour cream, cream cheese, flour, eggs, egg whites, cocoa, cinnamon, salt and remaining 300 ml (1 1/4 cups) sugar and dissolved espresso powder. Process until smooth.
5. Pour batter into prepared pan. Bake for 50 to 60 minutes or until the edges are set 2.5 cm (1 inch) from the sides but the centre of the cake is still a bit wobbly. Turn off oven and leave cheesecake for 30 minutes longer to continue cooking.
6. Set cheesecake on a wire rack to cool completely, about 1 hour. Refrigerate for at least 4 hours before removing from the pan and serving. Just before serving, sprinkle lightly with cocoa powder. Make 16 servings.

THE ASSOCIATED PRESS

Ingredients :

- 6 chocolate wafer cookies
- 15 ml (1 tbsp) plus 300 ml (1 1/4 cups) sugar
- 30 ml (2 tbsp) instant espresso powder
- 37 ml (2 1/2 tbsp) coffee liqueur or water
- 500 ml (2 cups) non-fat cottage cheese
- 325 ml (1 1/3 cups) reduced-fat sour cream
- 340 g (3/4 lb) reduced-fat cream cheese
- 90 ml (6 tbsp) flour
- 2 large eggs
- 2 large egg whites
- 30 ml (2 tbsp) unsweetened cocoa powder
- 1 ml (1/4 tsp) cinnamon
- 1 ml (1/4 tsp) salt

You have a choice!



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Working for a marriage

Commuter marriage works when spouses work together

ROB CARR/THE ASSOCIATED PRESS

▶ Jennifer Dickson and husband David have been living and working in separate cities for three years.

During the week, Joseph Hausmann leads a fairly typical single guy's life.

The 32-year-old engineer lives in a small, rented apartment above a garage, relying heavily on microwavable dinners and an exercise regime that fends off his less than stellar diet.

But Hausmann isn't a typical single guy. On Fridays, he piles into his car and makes the four- to five-hour trip to Newark, Del., back to his house, wife and life as he used to know it before taking a job near Hartford, Conn., in February.

"I liken my experience to going back to college and living in a dorm room," said Hausmann, who started commuting long distance after being laid off, and a subsequent job search that reaped no leads closer to home. It's a situation that, while becoming oddly routine, is hardly ideal for Hausmann and his wife, Jennifer Adams, who continues to work and live in their house, which has been on the market, garnering very little interest.

The difficult job market has given rise in recent years to the number of people in commuter marriages, where couples live in different cities, states or even countries to make ends meet while trying to weather the economic storm.

"I see it all the time," said Nancy Fagan, a San Diego marriage counsellor and divorce mediator who herself lives thousands of kilometres from her husband in Boston.

Commuter marriages have other price tags.

"It's very expensive," said Jennifer Dickson, who three years ago left her house and husband in Austin, Texas, to move to Washington, D.C.

In addition to rent for a Washington apartment and a car, Dickson, a communications expert for an environmental group, said airfare and travel budgets have taken a toll. The couple, who have gone from one to two weeks without seeing each other, now make a hobby of jockeying for cheap airfares and building up mileage points to take the edge off. "It was to the point where my husband switched his credit card so we could get points for more home expenses, even a new roof," she said.

THE ASSOCIATED PRESS

HEARTRBREAK LED TO LOVE FOR FRENEMIES

Names: Scott, 28, and Ashleigh, 29

Hometown: Surrey, B.C.

Together since: 2005

Their story:

▶ Heartbreak led to love for Ashleigh and Scott.

How We Met: Scott & Ashleigh

"Scott and I (Ashleigh) were actually frenemies for years

"He saw me as a tomboy; I thought he was overly opinionated. But one time, I was heartbroken over a horrible relationship, so I decided to throw a party and find a date to take — I asked Scott. I got all decked out, and when Scott saw me, my friend had to pick his jaw up from the floor. That night, my former frenemy was a real sweetheart, and we've been together ever since.

"We have three cats, a dog and are just about to buy a house. We are so excited for the future. The moral of our story: You just might find your knight in shining armour — or princess — in an unexpected place!."

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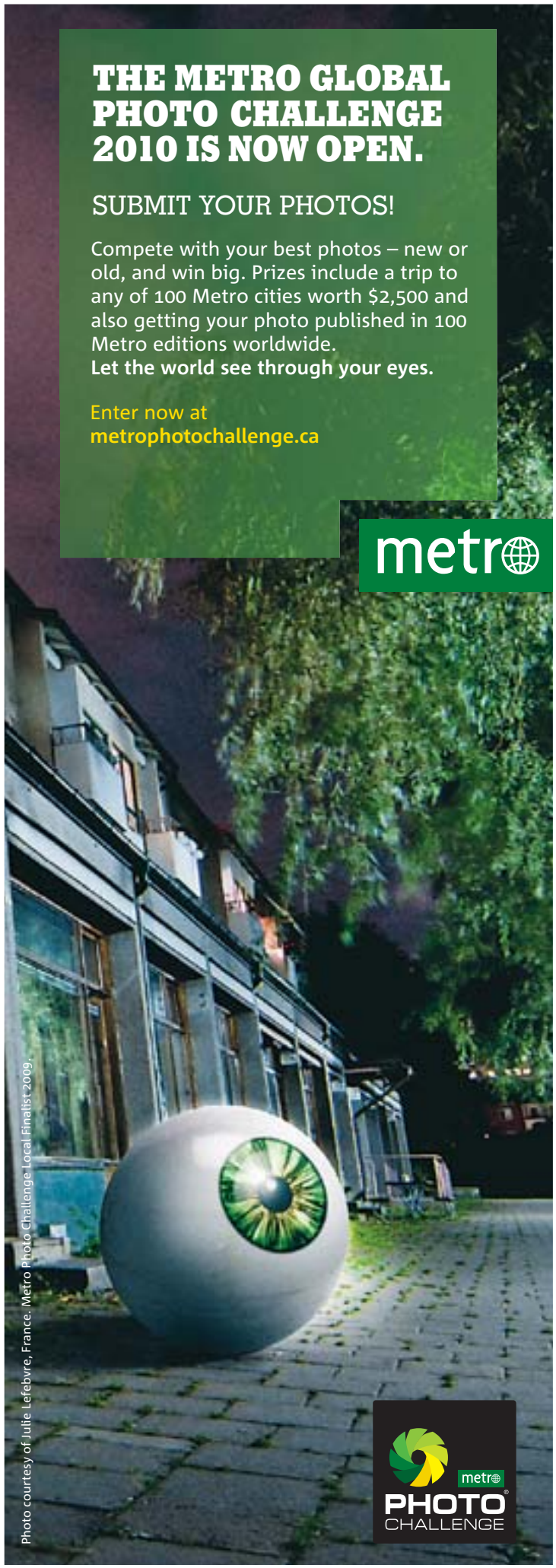
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Photo courtesy of Julie Lefebvre, France. Metro Photo Challenge Local Finalist 2009.
metro PHOTO CHALLENGE

Never ending money worries?

Alison's Money Rule: When it comes to money, the pursuit isn't always enough You need a reason to attain your personal wealth goals

HOME-BUYING NO-NO'S

There are many attractive incentives for current home buyers , plus, many Canadian markets are flush with selection resulting in a buyer's market. But, don't let home buying hype push you to overbuy and derail your long-term financial goals.

Buying a home is a huge financial commitment, and the total costs of home ownership go well beyond the mortgage payment. You'll be on the hook for utility bills, taxes, maintenance, repairs, condo fees, and much more. These extra expenses can be more than your mortgage payment! Before you start searching for property, figure out what you can afford. Consider:

• You'll need a down payment. Way back when my parents bought their first home, a minimum down payment was 10 per cent of the home's value. Nowadays, financial institutions will accept less. But, you'll pay a hefty premium for highly insured mortgages (less than 20 per cent down payment), through CMHC fees. I don't recommend low or zero down mortgages because they're expensive and they don't promote healthy financial habits; namely demonstrating discipline by saving in advance.

• Draw up a budget. List your normal monthly income and expenditures, then figure out how home ownership will affect your budget. Run budget scenarios for different mortgage and housing expense amounts to help you determine what you can afford.

• Calculate how much you can afford each month. You can go online and use a mortgage calculator from a big bank: Royal Bank, TD Canada Trust, CIBC, BMO Bank of Montreal, Scotiabank HSBC, National Bank Financial or ING Direct.

Poor, sad, rich folk. No, not an oxymoron. A Royal Bank of Canada commissioned study found that less than half (49 per cent) of Canada's millionaires feel they have grown happier as they have accumulated more wealth.

The bank attributes this sorry state of affairs to the fact that having more money creates more complexity and more problems in one's life. The worries include managing investments, planning for retirement and succession planning.

Frankly, I doubt this reasoning. I'm sorry, but I think there's a lot more stress associated with living pay cheque to pay cheque, as 60 per cent of Canadian report of themselves. And what about having to go into debt to get braces for your kids, never mind education down the road or, gasp, retirement?

I'm not saying that people with money don't have problems, they do. But I think there's a different issue at work.

Many people are successful at setting a goal — say a net worth of $1 million — and then striving mightily to reach it. But when they've arrived, it doesn't seem adequate so they move the goal posts to, say, $2 million.

This moving of the goal post is what creates unhappiness, because there's never the satisfaction of completing a job, only the continuing pursuit. Some thrive in the pursuit but most don't.

One solution is to couple a financial goal with a specific reason. The question then is, Why Do You Want a Thousand, Ten Thousand or a Million Dollars? If you don't have an answer you probably won't be satisfied when you reach that magic number.

On the other hand, if your target is a cottage, your own business, early retirement, a second shot at education or perhaps the ability to help a disabled family member, then you're more likely to be satisfied in the end

▶ The key to happiness is not necessarily money.

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Playing the Mount Royal name game

Great beer drinkers think alike

LAURENCE HEINEN
FOR METRO CALGARY

Robert Madge and Nick Fanella must have been on the same wavelength when they entered a contest to name a special edition beer brewed by the Wild Rose Brewery to celebrate Mount Royal University's 100th birthday.

Ironically, Madge and Fanella separately submitted Royal 100 as their entry and both won a six pack of the one-litre bottles and a tour of the Wild Rose Brewery for 15.

"It was just one of those things that came to me," said Madge of how he came up with the name. "I've got some mileage out of that. It's been fun. I've had a couple free Royal 100 beers. They are really, really good."

Royal 100 wasn't actually Fanella's first choice, but he was happy he modified the name he originally brainstormed.

"It was actually a pretty simple process," said Fanella, who graduated from the former Urban Planning and Design program at Mount Royal in 1989. "I had chosen Mount Royal College 100 and I felt it was kind of long, so I shortened it down to Royal 100. It actually wound up sounding very classical and very prestigious so I had to go with that name and sure enough it won."

A brew for you

Royal 100 was unveiled to the public during a centennial celebration in the Mount Royal University tent at Wild Rose Brewery from Sept. 20-23.

"That was fun," said Madge, who attended the event. "I got another free beer, so it's all working out."

The special one-litre commemorative bottles, selling for $10 each to represent one decade for each dollar, are also available for purchase at Calgary Coop liquor stores. The old-fashioned style of the bottle was chosen to represent Mount Royal's community roots.

Commemorative Royal 100 pint glasses are also on sale at the Mount Royal Book Store and at Wild Rose for $7 each.

LAURENCE HEINEN

EWAN NICHOLSON/SUBMITTED

▶ Robert Madge is one of the co-winners of the contest to name a special edition beer to celebrate Mount Royal University's 100th anniversary.

Learning the hard-drive way

JORDANA DIVON
FOR METRO CALGARY

If wrenching your teen off the computer has become an epic battle, don't despair. A new study by two University of Calgary professors shows that tech-savvy students are, in fact, at an advantage in the classroom – provided they have an equally engaged teacher.

Sharon Friesen and Michele Jacobsen doled out laptops to students at the Calgary Science School and spent three years observing how the students' interacted with the technology.

The purpose of the investigation was for the two Faculty of Education professors to understand how learning was impacted in well-designed, well-supported, personal technology-enabled environments.

Not surprisingly, they discovered that the students, ranging between grades four and nine, appeared to benefit from having that level of access to technology.

"We found they were a lot more creative in the types of projects teachers did with students, and they pursued more long term projects because the kids could take the technology with them at night to work on projects at home," said Jacobsen.

The findings don't surprise Brentwood Elementary School teacher Stephen Hart, who says teachers across the spectrum of subjects should find ways to integrate technology into their lessons.

"In my own observations, students tend to become very excited about the projects that involve computers, and really take ownership of them," he said. "They're excited about making new developments and seeing the final product."

But, in spite of all the new advances in classroom technology, Jacobsen stresses the importance of having teachers on board.

"All the technology in the world is not going to change things in classrooms if the teachers aren't designing rich learning experiences for the students. So engaged teaching matters more than ever."

In the classroom

Useful tools include:

- Microsoft Office
- Adobe Flash animation
- Digital photography software, like Picasa
- iMovie, or other simple editing tools
- GarageBand, where students can create their own music soundtracks

Tool box

So you got yourself a laptop for the classroom. Congratulations!

The next step is deciding on the right kind of software programs to enhance your learning or teaching experience.

"A lot of times now teachers will use PowerPoint to make a presentation instead of writing on the board, and it makes it easier to visualize," says grade 10 Jonathan Riccio, 15.

JORDANA DIVON

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Speak easy

An Alberta college has developed an audio/visual tool designed to help healthcare students — and professionals — learn to pronounce tricky drug names

JORDANA DIVON
FOR METRO CALGARY

Sometimes a word can be a matter of life and death — at least when it comes to prescribing pharmaceutical medication.

Incorrect drug pronunciation is a potentially life-threatening problem the developers of Canadian Drug Speak hope to avoid with their recently launched program, an audio-visual training tool geared toward health care students and professionals.

"If something was transcribed incorrectly due to a verbal conversation then it could result in the wrong drug being dispensed, and of course, patient safety becomes an issue," says Crystal Lane, Acting Program Coordinator for Bow Valley College, and one of Canadian Drug Speak's developers.

The tool was created by Bow Valley College as an educational resource for their pharmacy students. Lane says the initial goal was to help students learn brand and generic drug names, and the accurate way to pronounce them.

"You load the files from the CD-ROM onto your handheld MP3 player or iPod, and you can scroll through a playlist of different therapeutic classes," she explains. "So much like a language CD, it will say the generic names, pause, and say the brand names that correspond with it. There's also a booklet so you can have the visual of the drug name while you're listening."

Canadian Drug Speak, which is the only one of its kind in the country, received such an enthusiastic response from pharmacy technicians at a recent conference, it is now being marketed for professionals in all areas of health care, as well as a required resource in pharmacy technician programs nationwide.

"This is purely Canadian and geared towards a Canadian health care professional," adds Lane.

To learn more, visit canadian.drugspeak.com.

Legal re-course

Pending legislation in Alberta is set to regulate pharmacy technicians as a health profession in the province. The regulations, which are expected to be passed early in 2011 under the Health Professions Act, will require that all pharmacy technicians take a national certification exam, and potentially return to school to bridge gaps in their education. A similar act has already been passed in Ontario, and the creators of Canadian Drug Speak hope the exam board will consider incorporating the learning tool. "Being faced with this national exam, lots of the technicians who are out there might need to brush up on their drug names," says Lane.

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4 sports

Als get revenge on Stampeders

Calgary has lost three of its last four games Montreal's Cahoon sets career receptions record

46	19
MONTREAL	CALGARY

It was a big victory for the Montreal Alouettes and a huge moment for their long-time star receiver Ben Cahoon.

The gritty slotback had four catches yesterday afternoon to break the CFL career receptions record as the Alouettes bounced back from a lopsided loss in Calgary last week to defeat the Stampeders 46-19.

When he closed his hands on a nine-yard catch from Anthony Calvillo at 9:52 of the fourth quarter, play was stopped for a brief on-field ceremony while the sellout crowd of 25,012 at Percival Molson Stadium repeatedly chanted "Cahoooon!" and savoured his 1,007th career reception — one more than Terry Vaughn got in 11 seasons from 1995 to 2006.

"I was in shock," Cahoon said after he was presented with a plaque from league commissioner Mark Cohon and team officials and then posed for pictures with his family. "No one told us there were big plans for that."

The scene capped off a day in which everything went the Alouettes' way and little worked for the Stampeders, who pounded Montreal 46-21 last week.

Romby Bryant and Arjei Franklin scored TDs and Burke Dales added a field goal for the Stampeders (10-4), who dominated the early season but have now lost three of their last four games. Calgary leads Saskatchewan by two points atop the West Division heading into a showdown with the Roughriders on Sunday in Regina.

Coach John Hufnagel mused this week that it is difficult to sweep back-to-back games against the same opponent because the team that loses the first one has greater motivation for the second. That looked to be the case as the Stampeders came out flat.

"It's not a step back," said quarterback Henry Burris, who was held to 16 completions for 219 yards one week after throwing for 412 yards. He also fumbled twice and threw two interceptions.

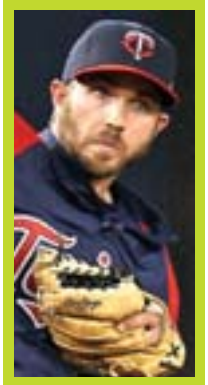
"We're still in first place and, regardless if we won this game or not, we still have to go into Regina next week and win. This was a learning opportunity for us."

THE CANADIAN PRESS

GRAHAM HUGHES/THE CANADIAN PRESS

▶ Calgary Stampeders quarterback Henry Burris throws a pass during yesterday's game against the Montreal Alouettes.

Quoted



"Five days ago we were going to win a World Series and now we're packing up our lockers. It just kind of happened really quick."

TWINS SHORTSTOP J.J. HARDY. MINNESOTA WAS ELIMINATED BY NEW YORK SATURDAY IN A THREE-GAME SWEEP. IT WAS THE FOURTH TIME IN EIGHT YEARS THAT MINNESOTA WAS ELIMINATED FROM THE POST-SEASON BY THE YANKEES.

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Giants best Braves, move on to NLCS

San Francisco won another thriller, again with help from some shaky Atlanta defence, and the Giants are off to the NL championship series for the first time since 2002.

For Bobby Cox, there are no more games.

Cody Ross homered and drove in the go-ahead run with a seventh-inning single, leading the Giants to a 3-2 victory in Game 4 last night and wrapping up an NL Division Series that was tight and tense to the very last out.

3	2
GIANTS	BRAVES

Every game was decided by one run, but the Giants won three of them to take the best-of-five series and earn a shot against the two-time defending NL champion Phillies. Game 1 is Saturday at Philadelphia.

After Melky Cabrera grounded out with two runners aboard to end the series and Cox's career, the fans chanted, "Bobby! Bobby! Bobby!"

The retiring manager finally came out of the dugout and tipped his cap.

THE ASSOCIATED PRESS

Sports in brief

Burnett back in rotation

MLB. A.J. Burnett will start Game 4 of the AL Championship Series for the New York Yankees on two weeks' rest.

General manager Brian Cashman said yesterday that New York decided against using a three-man rotation against Texas or Tampa Bay.

Favre says sorry to Vikes

NFL. Brett Favre has apologized to the Minnesota Vikings for the distraction caused by an NFL investigation into allegations that he sent racy messages and lewd photos to a New York Jets game hostess in 2008.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	3	2	0	1	0	8	6	5	1-0-0-0	1-0-1-0	2-0-1-0	W1
d-Toronto	2	2	0	0	0	8	3	4	2-0-0-0	0-0-0-0	2-0-0-0	W2
d-Carolina	2	2	0	0	0	6	4	4	1-0-0-0	1-0-0-0	2-0-0-0	W2
NY Islanders	2	1	0	0	1	10	9	3	1-0-0-1	0-0-0-0	1-0-0-1	W1
Washington	3	2	1	0	0	12	8	4	2-0-0-0	0-1-0-0	2-1-0-0	W2
Tampa Bay	1	1	0	0	0	5	3	2	1-0-0-0	0-0-0-0	1-0-0-0	W1
NY Rangers	2	1	1	0	0	10	9	2	0-0-0-0	1-1-0-0	1-1-0-0	L1
Atlanta	2	1	1	0	0	7	7	2	1-0-0-0	0-1-0-0	1-1-0-0	L1
Boston	2	1	1	0	0	5	5	2	0-1-0-0	1-0-0-0	1-1-0-0	W1
Montreal	2	1	1	0	0	5	5	2	0-0-0-0	1-1-0-0	1-1-0-0	W1
Buffalo	3	1	2	0	0	8	11	2	0-2-0-0	1-0-0-0	1-2-0-0	L2
Pittsburgh	3	1	2	0	0	7	7	2	0-2-0-0	1-0-0-0	1-2-0-0	W1
New Jersey	3	0	2	1	0	6	14	1	0-1-1-0	0-1-0-0	0-2-1-0	L3
Ottawa	3	0	2	1	0	4	10	1	0-1-0-0	0-1-1-0	0-2-1-0	L3
Florida	1	0	1	0	0	2	3	0	0-0-0-0	0-1-0-0	0-1-0-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Dallas	2	2	0	0	0	9	7	4	0-0-0-0	2-0-0-0	2-0-0-0	W2
d-Detroit	2	2	0	0	0	7	2	4	1-0-0-0	1-0-0-0	2-0-0-0	W2
d-Edmonton	2	2	0	0	0	7	2	4	2-0-0-0	0-0-0-0	2-0-0-0	W2
St. Louis	2	2	0	0	0	7	2	4	2-0-0-0	0-0-0-0	2-0-0-0	W2
San Jose	2	1	0	1	0	5	5	3	1-0-0-0	0-0-1-0	1-0-1-0	L1
Chicago	3	1	1	1	0	9	10	3	0-1-0-0	1-0-1-0	1-1-1-0	W1
Nashville	1	1	0	0	0	4	1	2	1-0-0-0	0-0-0-0	1-0-0-0	W1
Colorado	2	1	1	0	0	6	7	2	1-0-0-0	0-1-0-0	1-1-0-0	L1
Columbus	2	1	1	0	0	5	5	2	1-0-0-0	0-1-0-0	1-1-0-0	W1
Phoenix	2	1	1	0	0	5	5	2	0-1-0-0	1-0-0-0	1-1-0-0	L1
Los Angeles	2	1	1	0	0	3	4	2	0-0-0-0	1-1-0-0	1-1-0-0	L1
Calgary	2	1	1	0	0	3	5	2	1-0-0-0	0-1-0-0	1-1-0-0	W1
Vancouver	1	0	0	0	1	1	2	1	0-0-0-1	0-0-0-0	0-0-0-1	L1
Minnesota	2	0	1	0	1	4	6	1	0-1-0-0	0-0-0-1	0-1-0-1	L2
Anaheim	3	0	3	0	0	2	13	0	0-0-0-0	0-3-0-0	0-3-0-0	L3

d — division leader; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Yesterday's results
Pittsburgh 3 New Jersey 1
N.Y. Islanders 6 N.Y. Rangers 4
St. Louis 5 Anaheim 1
Chicago 4 Buffalo 3
Philadelphia 4 Colorado 2
Washington 3 Ottawa 2 (OT)
Florida at Vancouver
Sunday's results
Calgary 3 Los Angeles 1
Edmonton 3 Florida 2
At Prague, Czech Republic
Boston 3 Phoenix 0
Tonight's games
(All times Eastern)
Colorado at Detroit, 7 p.m.
Atlanta at Los Angeles, 10:30 p.m.
Tomorrow's games
New Jersey at Buffalo, 7 p.m.
N.Y. Islanders at Washington, 7 p.m.
Tampa Bay at Montreal, 7:30 p.m.
Toronto at Pittsburgh, 7:30 p.m.
Nashville at Chicago, 8:30 p.m.
Vancouver at Anaheim, 10 p.m.
Thursday's games
Tampa Bay at Philadelphia, 7 p.m.
Carolina at Ottawa, 7:30 p.m.
St. Louis at Nashville, 8 p.m.
Edmonton at Minnesota, 8:30 p.m.
Detroit at Dallas, 8:30 p.m.
Florida at Calgary, 9 p.m.
Friday's games
Colorado at New Jersey, 7 p.m.
Toronto at N.Y. Rangers, 7 p.m.
N.Y. Islanders at Pittsburgh, 7 p.m.
Chicago at Columbus, 7 p.m.
Montreal at Buffalo, 7:30 p.m.
Atlanta at Anaheim, 10 p.m.
Vancouver at Los Angeles, 10:30 p.m.

CAPITALS 3, SENATORS 2 (OT)

First Period
1. Washington, Semin 1 (Laich, Fehr) 18:38
Penalties — Fleischmann Wash (hooking) 4:57, Knuble Wash (high-sticking) 12:05, Regin Ott (interference) 14:19, Carkner Ott (roughing) 16:18, Washington bench (too many men; served by Ovechkin) 19:30.
Second Period
2. Ottawa, Ruutu 1 (Carkner, Neil) 9:57
3. Washington, Fehr 2 (Hendricks, B.Gordon) 11:18
Penalties — Ovechkin Wash (cross-checking) 6:25, Kelly Ott (slashing) 12:32, Ovechkin Wash (interference) 19:29.
Third Period
4. Ottawa, Shannon 1 (Regin) 7:20
Penalties — Kovalev Ott (hooking) 3:35, Regin Ott (hooking) 10:13, Ruutu Ott (unsportsmanlike conduct), Erskine Wash (roughing) 13:58.
Overtime
5. Washington, Ovechkin 3 (Carlson, Schultz) 4:28
Penalties — None.
Shots on goal by

Ottawa	13	10	7	1—31
Washington	11	6	6	3—26

Goal — Ottawa: Leclaire (L,0-2-1); Washington: Neuvirth (W,2-1-0). **Power plays (goals-chances)** — Ottawa: 0-5; Washington: 0-5. **Attendance** — 18,398 (18,398) at Washington.

LATE SUNDAY

OILERS 3, PANTHERS 2

First Period
No Scoring.
Penalties — Horcoff Edm (cross-checking) 5:26, Weiss Fla (tripping) 10:06.
Second Period
1. Edmonton, Penner 1 (Gilbert, Gagner) 1:33
2. Edmonton, Jones 1 (Vandermeeer) 5:34
3. Florida, Reasoner 1 (Bernier) 6:11
4. Edmonton, Horcoff 2 (Hall, Peckham) 7:20
5. Florida, Reasoner 2 (Booth, Bernier) 17:51
Penalties — Smid Edm (holding) 9:27, Fraser Edm (high-sticking) 10:11, Stillman Fla (interference) 10:17, Brule Edm (high-sticking) 13:16, Gilbert Edm (hooking) 15:05.
Third Period
No Scoring.
Penalties — None.
Shots on goal by

Florida	11	12	5	28
Edmonton	3	4	6	13

Goal — Florida Vokoun (L,0-1-1); Edmonton: Khabibulin (W,2-0-0).
Power plays (goals-chances) — Florida: 0-4; Edmonton: 0-2.
Attendance — 16,839 (16,839) at Edmonton.

MLB

2010 POSTSEASON

DIVISION SERIES

AMERICAN LEAGUE
Tampa Bay vs. Texas
(Series tied 2-2)
Tonight's game
Texas (Cl.Lee 12-9) at Tampa Bay (Price 19-6), 8:07 p.m.
Minnesota vs. New York
(New York wins series 3-0)
NATIONAL LEAGUE
Philadelphia vs. Cincinnati
(Philadelphia wins series 3-0)
San Francisco vs. Atlanta
(San Francisco wins series 3-1)
Last night's result
San Francisco 3 Atlanta 2

GIANTS 3, BRAVES 2

San Francisco	ab	r	h	bi	Atlanta	ab	r	h	bi
ATorrs cf	4	0	0	0	OInfant 2b	5	1	1	0
FSnchz 2b	4	0	0	0	M.Diaz lf	3	0	1	0
A.Huff 1b	3	1	1	0	MeCarr ph-lf	2	0	0	0
BrWlsn p	0	0	0	0	D.Lee 1b	4	0	0	0
Posey c	4	1	1	0	McCnn c	3	1	2	2
Burrell lf	2	0	0	0	McLoth pr	0	0	0	0
SCasill p	0	0	0	0	D.Ross c	0	0	0	0
JaLopz p	0	0	0	0	AlGnzlz ss	4	0	1	0
Ishikaw ph-1b	1	0	0	0	Heywrd rf	4	0	2	0
Uribe ss-3b	3	0	0	1	Glaus 3b	3	0	0	0
Fontent 3b	2	0	0	0	Venters p	0	0	0	0
Rownd ph	1	0	0	0	Kimrel p	0	0	0	0
Schrhlt rf	0	0	0	0	Conrad ph	1	0	0	0
C.Ross rf-lf	3	1	2	2	Ankiel cf	2	0	0	0
Bmgrn p	2	0	0	0	D.Lowe p	2	0	0	0
Renteri ss	1	0	1	0	Moylan p	0	0	0	0
DHmdz 3b	1	0	0	0					
Hinske ph	0	0	0	0					
THudsn pr	0	0	0	0					
Totals	**30**	**3**	**5**	**3**	**Totals**	**34**	**2**	**7**	**2**

San Francisco	000	001	200	3
Atlanta	001	001	000	2

E—Fontenot (1), Ale.Gonzalez 2 (2). DP—Atlanta 2. LOB—San Francisco 2, Atlanta 9. HR—C.Ross (1), McCann (1). CS—A.Torres (2). SF—McCann.

	IP	H	R	ER	BB	SO
San Francisco						
Bumgarner W,1-0	6	6	2	2	1	5
S.Casilla H,1	1 2-3	1	0	0	0	2
Ja.Lopez H,2	1-3	0	0	0	0	1
Br.Wilson S,2-3	1	0	0	0	2	1
Atlanta						
D.Lowe L,0-2	6 1-3	2	3	2	2	8
Moylan BS,1-1	0	0	0	0	0	0
Venters	1 2-3	3	0	0	0	2
Kimbrel	1	0	0	0	0	1

Moylan pitched to 1 batter in the 7th.
Venters pitched to 1 batter in the 9th.
T—2:56. A—44,532 (49,743) at Atlanta.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-New York	28	14	8	6	35	27	48
x-Columbus	28	13	8	7	35	31	46
Kansas City	27	9	12	6	30	33	33
Chicago	27	8	11	8	33	35	32
Toronto FC	28	8	13	7	28	37	31
New England	28	8	15	5	31	48	29
Philadelphia	28	7	14	7	32	45	28
D.C. United	28	6	19	3	19	44	21

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	28	17	6	5	41	22	56
x-Real Salt Lake	28	14	4	10	41	18	52
x-FC Dallas	28	12	2	14	41	24	50
x-Seattle	28	13	9	6	36	32	45
x-San Jose	27	12	8	7	30	28	43
Colorado	28	11	8	9	39	29	42
Chivas USA	27	8	15	4	29	36	28
Houston	28	7	15	6	37	48	27

Note: Three points for a win, one for a tie.
x — clinched playoff berth.
Tonight's game
(All times Eastern)
Kansas City at Chicago, 8:30 p.m.

GAMES

COMMONWEALTH GAMES

At New Delhi

WHAT CANADA DID

BADMINTON

Men
Doubles:
Toby Ng, Calgary, and Jon Vandervet, Edmonton, lost in round of 16.
Women
Singles: Anna Rice, North Vancouver, B.C., lost in quarter-finals; Michelle Li, Markham, Ont., lost in quarter-finals.
Doubles: Grace Gao, Calgary, and Joycelyn Ko, Toronto, lost in round of 16; Alex Bruce, Toronto, and Michelle Li, Markham, Ont., lost in round of 16.

DIVING

Men
Three-metre springboard: Alexandre Despatie, Laval, won gold; Rueben Ross, Pilot Butte, Sask., won silver; Eric Sehn, Edmonton, fourth.
Women
10-metre platform: Roseline Filion, Laval, Que., fourth; Carol-Ann Ware, Otterburn, Park, Que., fifth; Pamela Ware, Otterburn Park, 11th.

FIELD HOCKEY

Women
India 3 Canada 0

RUGBY SEVENS

Men
New Zealand 43 Canada 7
Scotland 19 Canada 17
Canada 47 Guyana 0

SHOOTING

Men
Pairs Skeet: Jason Caswell, Edmonton, and Richard McBride, Saskatoon, won silver.

TRACK AND FIELD

Men
Pole vault:Jason Wurster, Toronto, seventh, 5.25 metres.
Women
100 hurdles: Angela Whyte, Edmonton, won silver, 12.98.
200: Adrienne Power, Halifax, won bronze, 23.52.
800: Diane Cummins, Victoria, won bronze, 2:00.13.

WEIGHTLIFTING

Men
105+ kilograms: George Kobaladze, Montreal, won bronze.

TENNIS

ATP WORLD TOUR SHANGHAI ROLEX MASTERS

At Shanghai, China
Yesterday's results
Singles — First Round
Jo-Wilfried Tsonga (12), France, def. Feliciano Lopez, Spain, 7-6 (4), 6-3.
Guillermo Garcia-Lopez, Spain, def. Eduardo Schwank, Argentina, 6-7 (8), 6-2, 6-4.
Jurgen Melzer (13), Austria, def. Yang Tsung-hua, Taiwan, 6-4, 7-6 (5).
Jeremy Chardy, France, def. Marcos Baghdatis, Cyprus, 7-6 (4), 6-1.
Thiemo de Bakker, Netherlands, def. Fernando Verdasco (9), Spain, 7-6 (4), 7-5.
Juan Monaco, Argentina, def. Florent Serra, France, 6-4, 7-6 (3).
Mischa Zverev, Germany, def. Sergiy Stakhovsky, Ukraine, 6-1, 4-6, 7-6 (7)
Stanislas Wawrinka, Switzerland, def. Gilles Simon, France, 6-4, 6-1.
Doubles — First Round
Lukas Dlouhy and Radek Stepanek, Czech Republic, def. John Isner and Sam Querrey, U.S., 6-3, 6-7 (1), 10-6 tiebreak.
Nicolas Almagro and David Marrero, Spain, def. Gong Mao-Xin and Li Zhe, China, 4-6, 6-2, 10-5 tiebreak.

TRANSACTIONS

BASEBALL

MLB

NATIONAL LEAGUE
CHICAGO CUBS — Announced pitching coach Larry Rothschild has exercised his contract option for next season.

BASKETBALL

NBA

LEAGUE OFFICE — Fined Portland G Rudy Fernandez $50,000 for public statements detrimental to the NBA.
GOLDEN STATE WARRIORS — Waived F Vernon Goodridge.
MEMPHIS GRIZZLIES — Waived F Luke Jackson, G Tre Kelley and G Kenny Thomas.
PHOENIX SUNS — Waived G Chucky Atkins.
PORTLAND TRAIL BLAZERS — Signed C Steven Hill.
SAN ANTONIO SPURS — Waived G Kirk Penney.

FOOTBALL

NFL

BUFFALO BILLS — Activated TE Shawn Nelson from the suspended list. Released LB Chris Ellis.
CAROLINA PANTHERS — Claimed WR Devin Thomas off waivers from Washington. Waived OL Tim Duckworth.

HOCKEY

NHL

ANAHEIM DUCKS — Signed D Andreas Lilja to a one-year contract.
ATLANTA THRASHERS — Reassigned G Drew MacIntyre to Chicago (AHL). Recalled G Peter Mannino from Chicago.
COLUMBUS BLUE JACKETS — Assigned G David LeNeveau to Springfield (AHL).
DETROIT RED WINGS — Signed coach Mike Babcock to a four-year contract extension.
SAN JOSE SHARKS — Assigned C Tommy Wingels to Worcester (AHL).

CFL

WEEK 15

EAST DIVISION	GP	W	L	T	PF	PA	Pt
x-Montreal	14	10	4	0	455	356	20
Hamilton	14	7	7	0	366	366	14
Toronto	14	7	7	0	283	363	14
Winnipeg	14	4	10	0	392	385	8

WEST DIVISION	GP	W	L	T	PF	PA	Pt
x-Calgary	14	10	4	0	471	341	20
x-Saskatchewan	14	9	5	0	399	369	18
B.C.	14	5	9	0	356	366	10
Edmonton	14	4	10	0	273	449	8

x — clinched playoff berth.
Yesterday's results
Montreal 46 Calgary 19
Winnipeg 47 B.C. 35 (OT)
Saturday's result
Toronto 24 Saskatchewan 19
Friday's result
Hamilton 36 Edmonton 11

WEEK 16

Friday, Oct. 15
Hamilton at Toronto, 7:30 p.m.
Saturday, Oct. 16
Edmonton at B.C., 10 p.m.
Sunday, Oct. 17
Winnipeg at Montreal, 1 p.m.
Calgary at Saskatchewan, 4 p.m.

SCORING LEADERS

x - scored two-point convert

	TD	C	FG	S	Pts
Maver, Cal	0	52	28	3	139
Duval, Mtl	0	37	30	12	139
McCallum, BC	0	26	35	6	137
Congi, Sask	0	39	26	2	119
DeAngelis, Ham	0	32	26	3	113
Prefontaine, Edm	0	25	21	8	96
Cates, Sask	15	0	0	0	90
T.Edwards, Wpg	11	0	0	0	66
Palardy, Ham-Wpg	0	17	14	6	65
x-Green, Mtl	10	2	0	0	62
Bryant, Cal	10	0	0	0	60
x-Cobb, Ham	8	1	0	0	50
Robertson, BC	8	0	0	0	48
Serna, Wpg	0	20	8	4	48
Bruce, Ham	7	0	0	0	42

NFL

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Jets	3	1	0	.750	106	61
New England	3	1	0	.750	131	96
Miami	2	2	0	.500	66	92
Buffalo	0	5	0	.000	87	161
SOUTH	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Houston	3	2	0	.600	118	136
Jacksonville	3	2	0	.600	107	137
Tennessee	3	2	0	.600	132	95
Indianapolis	3	2	0	.600	136	101
NORTH	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Baltimore	4	1	0	.800	92	72
Pittsburgh	3	1	0	.750	86	50
Cincinnati	2	3	0	.400	100	102
Cleveland	1	4	0	.200	78	97
WEST	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Kansas City	3	1	0	.750	77	57
Oakland	2	3	0	.400	111	134
Denver	2	3	0	.400	104	116
San Diego	2	3	0	.400	140	106

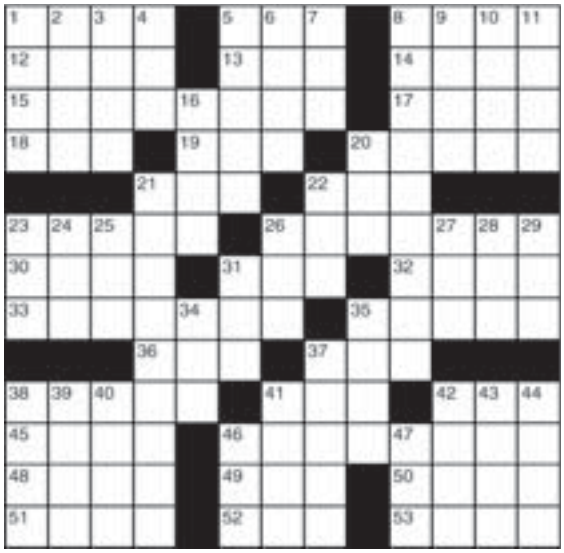
NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
Washington	3	2	0	.600	89	92
N.Y. Giants	3	2	0	.600	106	98
Philadelphia	3	2	0	.600	122	103
Dallas	1	3	0	.250	81	87
SOUTH	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Atlanta	4	1	0	.800	113	70
Tampa Bay	3	1	0	.750	74	80
New Orleans	3	2	0	.600	99	102
Carolina	0	5	0	.000	52	110
NORTH	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Chicago	4	1	0	.800	92	74
Green Bay	3	2	0	.600	119	89
Minnesota	1	2	0	.333	43	38
Detroit	1	4	0	.200	126	112
WEST	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Arizona	3	2	0	.600	88	138
Seattle	2	2	0	.500	75	77
St. Louis	2	3	0	.400	83	96
San Francisco	0	5	0	.000	76	130

WEEK FIVE

Byes: Miami, New England, Pittsburgh, Seattle
Last night's result
Minnesota at N.Y. Jets
Sunday's results
Arizona 30 New Orleans 20
Atlanta 20 Cleveland 10
Baltimore 31 Denver 17
Chicago 23 Carolina 6
Detroit 44 St. Louis 6
Indianapolis 19 Kansas City 9
Jacksonville 36 Buffalo 26
N.Y. Giants 34 Houston 10
Oakland 35 San Diego 27
Philadelphia 27 San Francisco 24
Tampa Bay 24 Cincinnati 21
Tennessee 34 Dallas 27
Washington 16 Green Bay 13 (OT)

Crossword



Across

1ACROSS
1 Genie's home
5 Society newcomer
8 Herd members
12 Hodgepodge
13 Eggs
14 Stage statuette
15 Daughter of King Lear
17 Parks of civil rights fame
18 Coloration
19 Every last crumb
20 Skilled
21 Weep
22 Nevertheless, briefly
23 Fold-up mattress
26 Malaria remedy
30 Distant
31 Comprehend
32 Rainbow
33 Walked like a little kid
35 Got down to pray
36 Doctrine
37 Insect
38 Wide
41 Knight's address
42 Toward the stern
45 Count counterpart
46 Ribbed fabric
48 And others (Lat.)
49 Curved line
50 Harvest
51 Depend (on)
52 To the — degree
53 Appellation

Down

1 Ness or Lomond
2 Felipe or Matty of baseball
3 Swampy terrain
4 Pea holder
5 1996 newsmaking clone
6 Satanic
7 Comment from 5-Down
8 Putting a barrier around
9 Reed instrument
10 Thin trail of smoke
11 Membership
16 Deserve
20 Sushi-bar tuna
21 As a good host would
22 Historic boy king
23 Obese
24 Venusian vehicle?
25 Slight amount
26 Proof abbr.
27 Dander
28 Zero
29 NYC hrs.
31 Jewel
34 1960s hallucinogen
35 Kirkuk native
37 With 38-Down, cousin of sarsaparilla
38 See 37-Down
39 Assessment
40 Exam format
41 Ilk
42 Vicinity
43 Lather
44 Blood category
46 Has the skills
47 Grecian vessel

▶ Yesterday's answer

Sudoku

	7	5				3		
			2	3				8
6					4			2
		6	1		9		4	
	4			5			7	
	2		8		7	1		
8			4					5
9				6	1			
		4				9	3	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	9	6	5	8	4	1	3	7
8	4	5	7	3	1	9	6	2
3	1	7	2	6	9	8	4	5
6	8	9	1	4	7	5	2	3
4	3	1	6	2	5	7	9	8
7	5	2	8	9	3	4	1	6
9	7	8	3	1	2	6	5	4
5	2	4	9	7	6	3	8	1
1	6	3	4	5	8	2	7	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Pinky pinky pinky, you are khukhu. Only good. No bad. Be happy and don't be a CC.
FROM YOURS STUPIDELY, ODES

To Teresa, you're the best! Cheers to our friendship XO!
FOREVER & ALWAYS, CHRISTINA

Jenny Hunter, My Jenny Pooh, I have Loved You since we first met and my Love is still growing for You! If Your Love for Me is as strong as mine, lets have a great Life together! Will You Marry Me and make Me Happy Forever!!
LOVE FROM YOUR POOH BEAR XOXOXO :-)

J, you have brought so much bliss, wonder and thrill into my life. You treat me like a princess and I don't thank you enough for it. So, thank you from the bottom of my heart!
– B

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 1° Max 16°	Min 2° Max 18°	Min 2° Max 20°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Don't settle for second best. Don't settle for a lifestyle that provides you with just enough. Get up and get out and make something of the amazing talents you were born with.

♉ Taurus April 21-May 21 You will be thinking big and talking big over the next few days, and there is absolutely nothing wrong with that. The only danger is that you may not always be able to deliver on the promises you make.

♊ Gemini May 22-June 21 The Sun in Libra gives your confidence a boost and makes you believe you can move mountains. But there is still a lot of hard work to be done before your dreams come true.

♋ Cancer June 22-July 22
Venus and Mars are already transiting the most positive area of your chart, and when the Sun joins them there on the 23rd there will be no stopping you.

♌ Leo July 23-Aug.23 Leo is a generous sign but your willingness to see only the good in people can sometimes lead to you being taken advantage of. Be generous today but be wary too.

♍ Virgo Aug. 24- Sept. 22 First impressions may be important but first impressions can sometimes be wrong as well and the planets warn that you need to investigate someone more deeply before deciding whether or not to trust them.

♎ Libra Sept. 23-Oct. 23 The Sun in your sign is a wonderful influence but don't let it blind you to reality. Now that Venus, your ruler, is moving retrograde there is a danger you will see only what you want to see.

♏ Scorpio Oct. 24-Nov. 22 You may have fallen heavily for someone who presses all the right emotional buttons, but how likely is it that your relationship will last? You have got to be realistic.

♐ Sagittarius Nov. 23-Dec. 21 Everything seems to be going right for you now, but don't fall into the trap of thinking that you no longer need to make a personal effort. Life may be good but never take anything for granted.

♑ Capricorn Dec. 22-Jan. 20
Cosmic activity in the career sector of your chart is bringing challenges that have to be dealt with quickly and efficiently. Fortunately you are not the sort to hesitate, not when there is so much at stake.

♒ Aquarius Jan. 21-Feb. 18
Duty is important but the most important duty of all is the one you have to you. If you are not happy then the people around you won't be either.

♓ Pisces Feb. 19-March 20
Something unexpected will happen, something that brings a smile to your face. Others may say it's luck, but luck has nothing to do with it. It's a cosmic reward for something good you did. **SALLY BROMPTON**

ANDY WONG/THE CANADIAN PRESS

Caption contest

WIN! You write it!
Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

JOEL RYAN/THE ASSOCIATED PRESS

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Deals of the week

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DOMINICAN REPUBLIC

Puerto Plata via Toronto

Casa Marina Beach & Reef Resort • 3 1/2★

All-Inclusive
Standard garden view rm.
Nov. 5 – Dec. 10 • 1 wk.

$649
+Taxes & other fees (including service charges): $325

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★

All-Inclusive • Standard rm.
Dec. 20 • 1 wk.
FREE upgrade to oceanfront rm.

PRIVILEGES
$1499
+Taxes & other fees (including service charges): $280

Gran Bahia Principe Jamaica • 4 1/2★

All-Inclusive • Junior suite
Dec. 20• 1 wk.

PRIVILEGES
$1779
+Taxes & other fees (including service charges): $280

CUBA

Varadero

Sirenis La Salina Varadero Beach Resort • 4★

All-Inclusive • Standard rm.
Oct. 31 – Dec. 12 • 1 wk.

$699
+Taxes & other fees (including service charges): $228

Santa Clara

Royal Hideaway Ensenachos • 5★

All-Inclusive
Royal spa premium rm.
Dec. 25 • 1 wk.

PRIVILEGES
$1869
+Taxes & other fees (including service charges): $228

MEXICO

Cancun/Riviera Maya

Grand Sirenis Riviera Maya Hotel & Spa • 5★

All-Inclusive • Junior suite
Feb. 13 • 1 wk.

$1389
+Taxes & other fees (including service charges): $290

MEXICO

Ixtapa/Zihuatanejo

Krystal Ixtapa • 4★

All-Inclusive
Deluxe rm.
Jan. 8 – 29 • 1 wk.

$1099
+Taxes & other fees (including service charges): $282

Tresoro Ixtapa • 3 1/2★

All-Inclusive
Deluxe rm.
Dec. 25 • 1 wk.

$1739
+Taxes & other fees (including service charges): $282

MEXICO

Cancun/Riviera Maya

Gran Bahia Principe Tulum • 5★

All-Inclusive
Standard rm.
Feb. 13 • 1 wk.

$1329
+Taxes & other fees (including service charges): $290

USA

Las Vegas

Treasure Island • 4★

Deluxe rm.
Dec. 12 – 14 • 3 nts.

$419
+Taxes & other fees (including service charges): $155

CRUISE

Norwegian Cruise Line[1]

Norwegian Epic

Western Caribbean Cruise
Flight to Miami via Toronto
Interior stateroom, cat. J
Nov. 13 • 1 wk.

$1329
+Taxes & other fees (including service charges): $234

CROWN PARADISE ALL INCLUSIVE RESORT

MEXICO

Puerto Vallarta/Riviera Nayarit

Crown Paradise Club • 4★

All-Inclusive • Standard rm.
Nov. 6 – 27 • 1 wk.

$829
+Taxes & other fees (including service charges): $283

Golden Crown Paradise • 4★

All-Inclusive • Oceanview rm.
Nov. 6 – 27 • 1 wk.
ADULTS Only

$869
+Taxes & other fees (including service charges): $283

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